Stress Hardiness

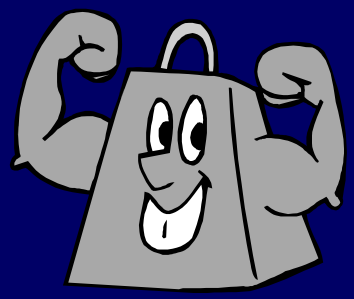
Health Promotion Wellness Program

Navy Marine Corps Public Health Center

Hardiness

- **Some individuals are able to deal and cope with stress better than others!**
- **Hardiness is the ability to deal effectively with stress**

Hardiness



- **Can become tougher and stress hardy through encountering stress, coping and learning from experiences!**
- **We all can enhance stress hardiness skills!**

Key Components of Hardiness

- **Control**
- **Challenge**
- **Commitment**

How to Improve Stress Toughness

Control

- **Belief that person has control over their life**
- **Can manage any problem that they face**
- **Outlook is positive!**
- **Feeling in control helps to decrease stress!**

Challenge

- **View life as a challenge**
- **Do not see as a threat or a endless group of problems…**
- **Seek and take on challenges**
- **Believe will learn from challenging experiences!**

Ways to Improve Stress Hardiness!

Commitment

- **Have a mission!**
- **Committed to what they do!**
- **Belief that what they are doing is meaningful, purposeful and**
  nt!

Improving Hardiness

- **Respond appropriately to change.**
- **Assess how you react to changes and to stress.**
- **Remember that not all types of change is negative!**
- **Downplay and minimize the effects of change through exploring the consequences of change**

Enhancing Hardiness

- **Change your self-talk!**
- **Watch and monitor what you say to yourself**
- **Often when we write our thoughts down they seem to be illogical, incorrect or harmful**
- **Modify interpretation and the meaning of self-talk so that it is not negative**
- **Switch your inner voice from I can’t to - I Can Handle It!**

Self-Talk Tip

Things are neither good or bad,

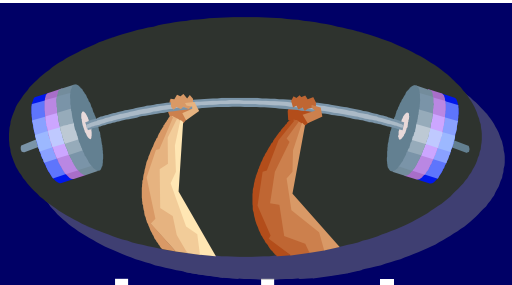
But thinking makes them so.

-Shakespeare

Practice Relaxation Skills

- **Relaxation Strategies are used to reduce stress, to relax and improve toughness!**
- **They allow time to regroup, recharge and reduce the physical and mental responses to stress**
- **Relaxation techniques include - Muscle Relaxation, Breathing, Imagery, Visualization, Meditation, Prayer…**

Get Fit!

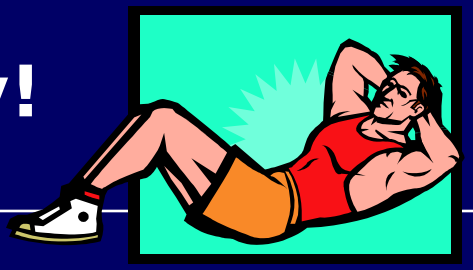


- **Staying & maintaining physical fitness is a great stress buster!**
- **Keep your body tuned up and ready to go!**
- **Helps to buffer and immunize against the effects of stress!**

Practice Hardiness

- **Face tough situations and handle the distress!**
- **Practice the coping skills of-**

  healthy response to stress, positive self-talk, relaxation strategies, view as challenge and belief that will be okay!
- **See self as stress hardy!**



Stress Reduction Tip

Don’t sweat the small stuff!

It’s almost all small stuff!

-Dr Richard Carlson

Stress Hardy Plan

- **What is your plan to improve your toughness and stress hardiness?**
- **When will you start to get tougher?**
- **How will you improve your hardiness?**
- **Where will you practice?**

Hardiness

- **View self as in Charge, in Control and as Positively Challenged!**
- **Look at your aggravations and hassles as a Quiz on how well you are handling stress!**